

Highs & Lows



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Phrased Low Improver Level Dance.
Choreographed by: Marianne Langagne (FR) Aug 2024
Choreographed to: Highs & Lows by Matt Cooper
Intro: 16 Counts. Start at approx 12 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, A, B, B, A, A, B, B, B, A, B, B, B

Part A

| SEC 1 1-2 3& 4& 5&6 7&8 | WALK, WALK, ROCK, SIDE ROCK, STEP LOCK STEP, STEP, ½ TURN, STEP Step RF Fwd, Step LF Fwd Rock RF Fwd, Recover on LF Rock RF to the R, Recover on LF Step RF Fwd, Step LF behind RF, Step RF Fwd Step LF Fwd, ½ Turn R (weight on RF), Step LF Fwd |
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| SEC 2 1&2 3&4 5&6& 7-8 | STEP LOCK STEP, SIDE ROCK CROSS, MONTEREY 1/4 TURN, SWIVEL, SWIVEL Step RF Fwd, Step LF behind RF, Step RF Fwd Rock LF to the L, Recover on RF, Cross LF over RF Point R to the R, 1/4 turn R Step RF Together, Point L to the L, Step LF Together Swivel both heels to the L, Swivel both heels to the R (weight on LF) |
| Part B SEC 1 1& 2& 3& 4& 5&6& 7& 8& | K STEP, HEEL SWITCHES, HEEL FAN Step RF Diagonally Fwd R, Touche LF next to RF Step LF Diagonally L Back, Touch RF next to LF Step RF Diagonally Back R, Touch LF next to RF Step LF Diagonally Fwd L, Touch RF next to LF Touch R Heel Fwd, Step RF Together, Touch L Heel Fwd, Step LF Together (weight on LF Twist R Heel to the R, Return to Center Twist L Heel to the L, Return to Center (weight on LF) |
| SEC 2 1& 2& 3&4& 5&6 7& 8& | BACK, KICK, BACK, KICK, COASTER STEP, SCUFF, STEP, BOUNCE X 2 ¼ TURN, POINT SWITCHES Step RF Back, Kick LF Step LF Back, Kick RF Step RF Back, Step LF Together, Step RF Fwd, Scuff LF back to Front Step LF Fwd, Bounce Twice with pivot ¼ Turn R (Weight on LF) Point R Fwd, Step RF Together Point L Fwd, Step LF Together |

